

Skin, Perineal, and Urinary Catheter Care: Maintaining the Body's First Lines of Defense Against Infections

Project Firstline
Healthcare-Associated Infections Program
Center for Health Care Quality
California Department of Public Health



Implicit Bias

- Describes how our unconscious attitudes or judgements can influence our thoughts, decisions, or actions
- Includes involuntary, unintentional perceptions made without awareness
- Occurs as our brains sort information and perceive data to understand our world
- Affects our decisions, contributing to societal disparities
 - Self awareness about implicit bias can promote healthcare diversity and equality
- Learn more about your own implicit bias at [Project Implicit](https://implicit.harvard.edu/implicit/) (implicit.harvard.edu/implicit/)



INFECTION PREVENTION STARTS WITH YOU!



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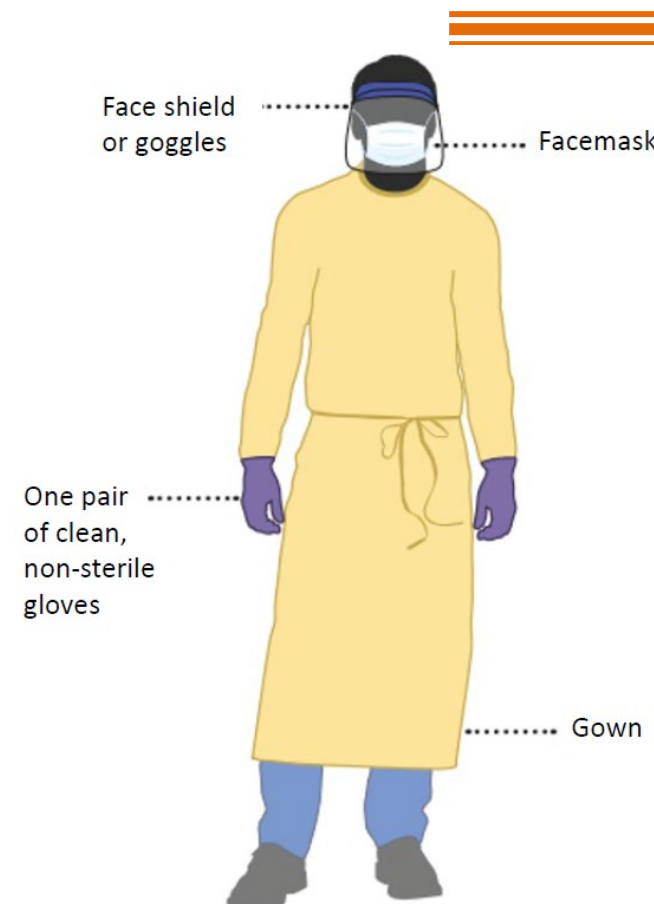


Objectives

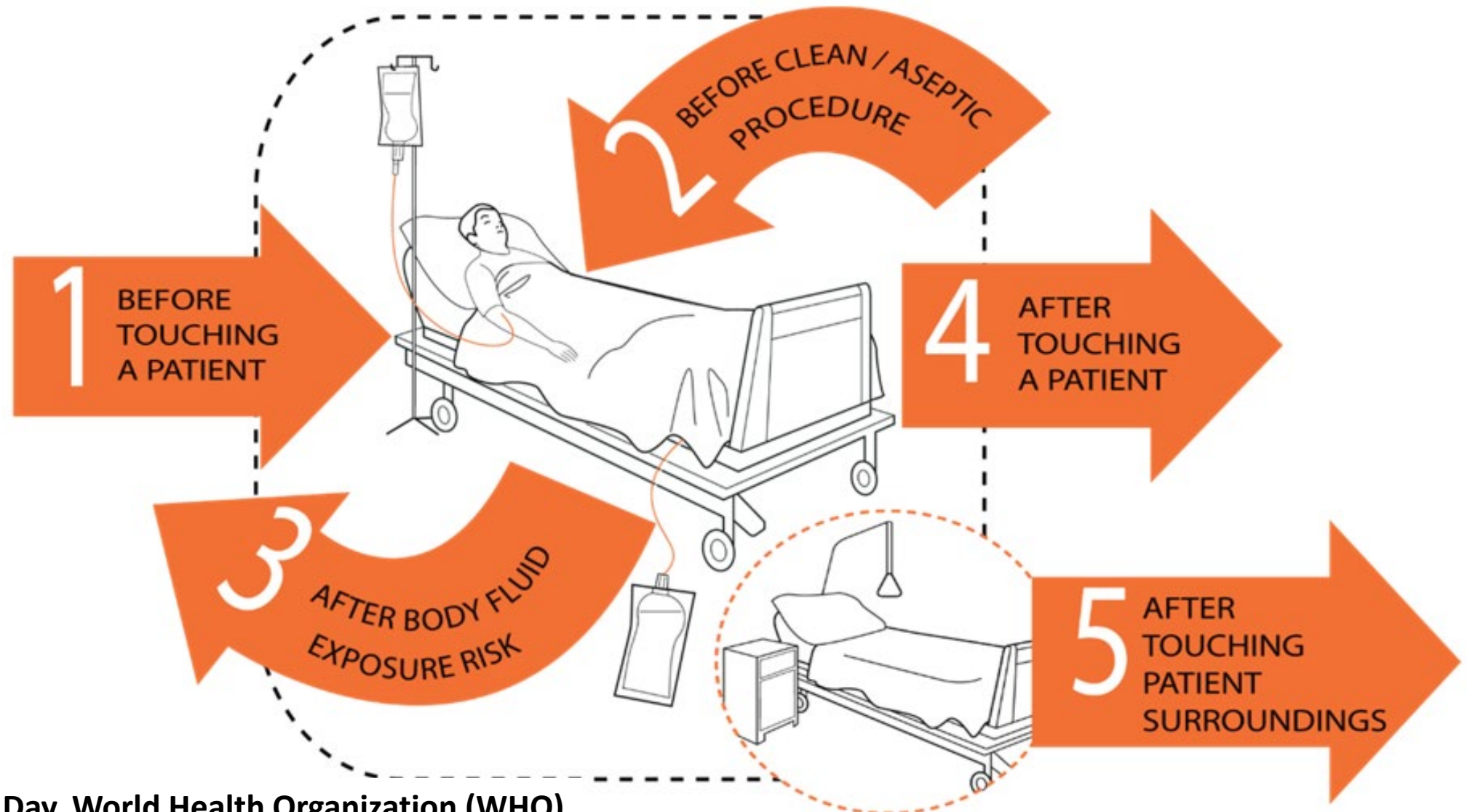
- Describe three ways to prevent infection during skin, perineal, and urinary catheter care
- Discuss how healthy skin can prevent infection
- Describe correct procedures used for skin, perineal, and urinary catheter care

PPE Selection for Skin, Perineal, or Urinary Catheter Care

- Personal protective equipment (PPE) selection depends on the activity performed
 - Perform hand hygiene before and after care activity
 - Use gloves if touching non-intact skin or body fluids
 - Use additional PPE if there is a risk of a splash or contamination by blood or body fluids (e.g., gown, face shield)



5 Moments for Hand Hygiene



Skin Care

- Skin care is a practice that supports skin integrity
- Healthy skin is a natural barrier to germs that may infect a resident



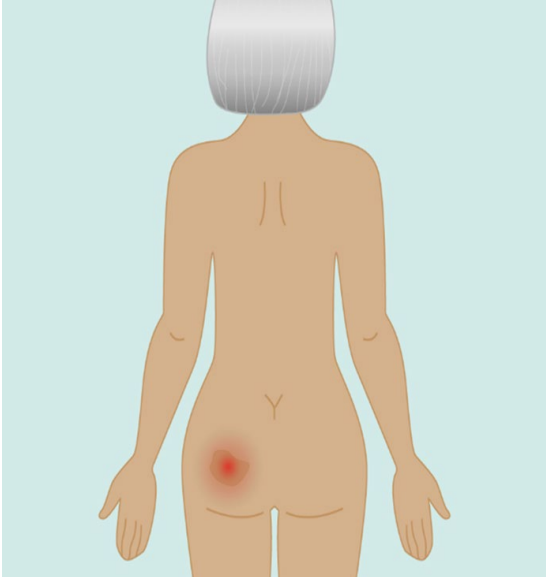
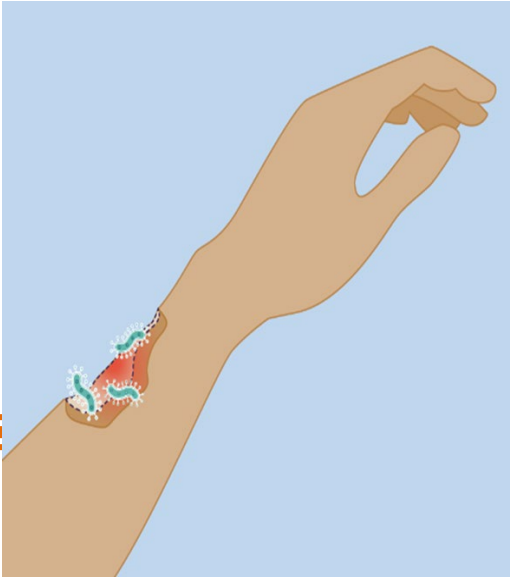
How Germs Enter the Body Through the Skin

- Colonized staff can share their germs during skin care
 - Hand hygiene and use of proper PPE prevent the spread of germs
- Intact skin protects the body against germs
- Skin wounds act as portals of entry for germs



Reflection

What types of wounds or ulcers are commonly seen when performing skin care with residents?



Skin Care: Common Skin Wounds

- Common breaks in skin integrity include:
 - Pressure ulcers
 - Surgical wounds
 - Diabetic ulcers
 - Vascular ulcers



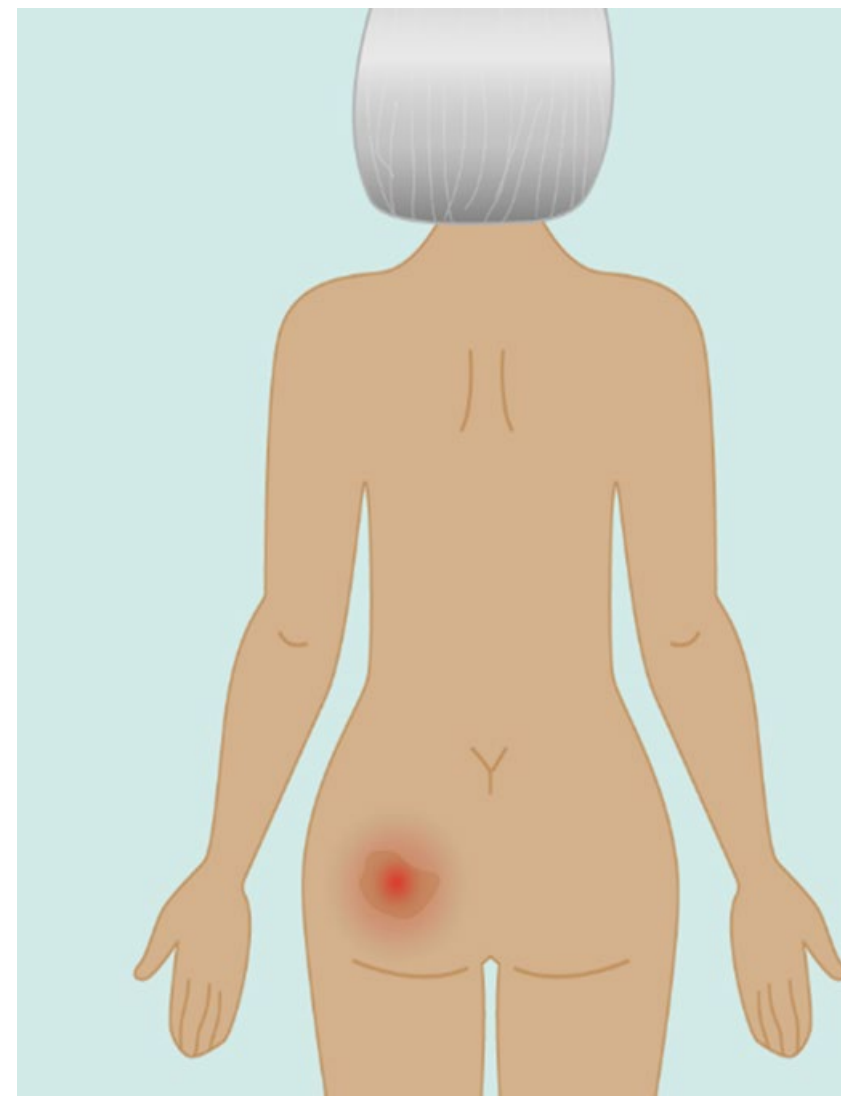
Knowledge Check: Pressure Ulcers

- Pressure ulcers are caused by intense or prolonged pressure

Why should CNAs look for pressure ulcers?

(Select all that apply)

- A. It may lead to infection
- B. To promote skin health
- C. To prevent further skin issues
- D. To prevent pain and discomfort to the resident

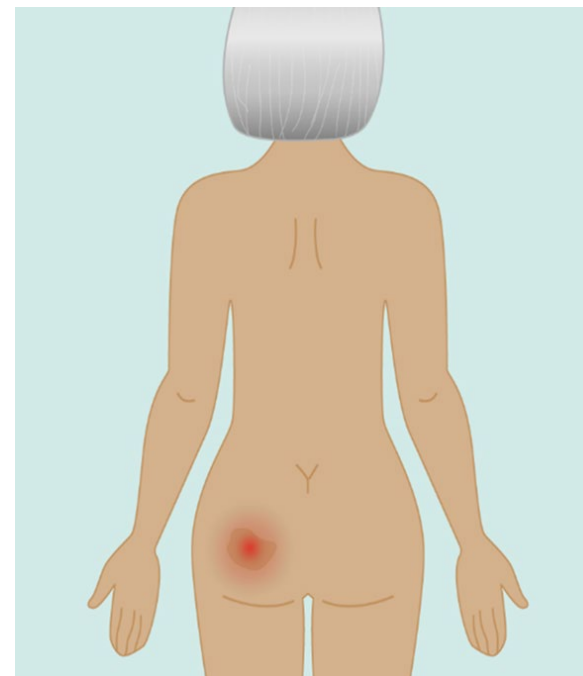


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- Reposition residents at least every two hours to prevent skin breakdown, which can lead to infection
- Report any change in color, drainage, odor, or any discomfort in the area

Reflection: Diabetes and Peripheral Vascular Disease Skin Injury

- Diabetes and peripheral vascular disease (PVD) can lead to lower extremity ulcers
- Residents often do not feel these ulcers or wounds

What is your role as a CNA when a resident develops diabetic or PVD-related skin injuries?



Reflection: Diabetes and Peripheral Vascular Disease Skin Injury

- Your role during resident care is to **report any observed skin redness or breaks** in the skin to the nurse



Surgical Wounds

Cuts made through the skin or mucous membrane during a medical procedure

- Keep wound **clean and dry** during resident care
- Ensure resident is **not touching** the wound
- **Report changes** in the dressing or wound
 - If dressing is present, is it clean, dry, and intact?
 - If no dressing is present, is the surgical area red, swollen, have a bad odor, or draining?



IPC Practices and Lapses During Skin Care

Recommended Infection Prevention and Control (IPC) Practices	Lapses In IPC Practices That Can Lead To Germ Spread
<ul style="list-style-type: none">• Perform hand hygiene	<ul style="list-style-type: none">• Missed hand hygiene opportunities
<ul style="list-style-type: none">• Select and properly use PPE	<ul style="list-style-type: none">• Inappropriate selection of PPE• Inadequate use of PPE• Incorrect application or removal of PPE
<ul style="list-style-type: none">• Clean and disinfect:<ul style="list-style-type: none">• Environmental surfaces• Reusable skin care equipment	<ul style="list-style-type: none">• Inadequate cleaning of environmental surfaces• Not cleaning reusable equipment between residents• Failure to clean resident skin care equipment, i.e., electric razor or bath basin
<ul style="list-style-type: none">• Designate resident's skin care supplies (for individual use only)	<ul style="list-style-type: none">• Failure to clean skin care supplies after use• Sharing skin care supplies between residents• Store skin care supplies in dirty area• Touching supplies with soiled hands or gloves

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Perineal Care

- Perineal (“Peri”) care is the cleansing of the perineal area (genital and anal area)
- Needed for residents who are bedridden, those with incontinence, or those with an indwelling catheter
- Prevents skin breakdown and avoiding itching, odor, burning, and infections
- Perform **at least once** daily

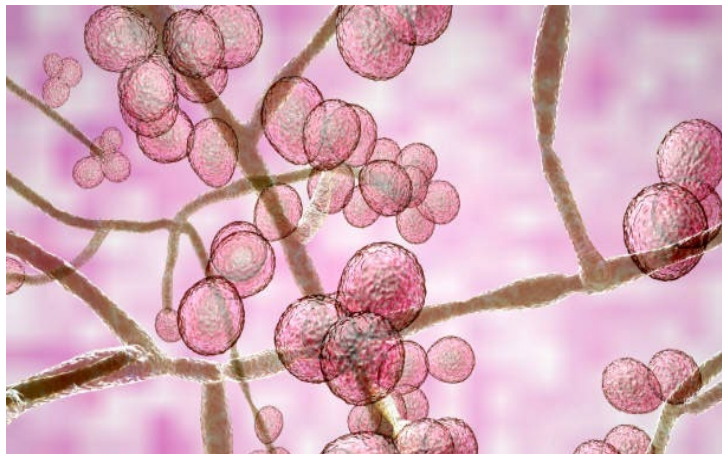


Perineal Care: Infection Prevention

- **Females:** Wash peri area “front to back” to avoid urinary tract infections (UTI)
- **Males:** Clean under the foreskin if uncircumcised, or it may become infected; gently pulled back in place foreskin after cleaning
- Ensure all soap is removed from area
- Dry the peri area to prevent lingering moisture
- After peri-care, discard towels and water

Perineal Care: Infection Prevention

- Inspect the skin during peri-care
 - **Report any abnormalities** such as redness, rash, skin breakdown, unusual bumps, bad odors, or vaginal/urethral discharge to the nurse



Urinary Catheter Care

- A **urinary catheter** is a tube placed in the bladder to collect urine
- A **catheter-associated urinary tract infection (CAUTI)** is a UTI of the urinary tract caused by an indwelling urinary catheter



Knowledge Check: Urinary Catheter Care and PPE

What type of PPE is needed for urinary catheter care?

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What type of PPE is needed for urinary catheter care?

- Use gloves and gowns to prevent contamination during catheter care
- Wear a face shield to prevent splashing when emptying catheter bag

Perform hand hygiene before and after catheter care.

CAUTI Prevention

- Perform daily catheter observation:
 - Ensure the tamper evident seal is intact
 - Secure the catheter to the resident
 - Use a clean container when emptying the drainage bag
 - Ensure there are no kinks in tubing
 - Keep catheter bag below the level of the bladder
 - Perform hand hygiene before and after handling the catheter
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Knowledge Check

When a resident has a urinary catheter, what should a CNA watch for and report? (Select all that apply)

- A. Blood or discoloration of urine
 - B. Sudden decrease in urine (check for kink)
 - C. Catheter leaks
 - D. New odor
 - E. Resident reports of pressure, burning, or pain
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Urinary Catheter: Emptying Drainage Bag

- Perform hand hygiene and put on PPE (gloves and face shield)
- Ensure spout or clamp doesn't touch drainage container or floor
- Each resident should have their own clean drainage container
- Perform hand hygiene before and after procedure



Highlights

- CNA observation during residents' skin, perineal, and urinary catheter care **is critical to infection prevention**
- Provide skin care and maintain skin integrity to protect the body against germs
- Daily perineal cleaning can prevent infections
- Proper care of indwelling catheters can prevent CAUTI

References

- About Project Firstline | Centers for Disease Control and Prevention (CDC)
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QUESTIONS AND DISCUSSION



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